

Los Angeles County Department of Mental Health
Intensive In-Home Mental Health Services Program
Referral and Contact Information

Referrals to IIHMHS Require all of the Following:

- ◇ DCFS Involvement ◇ Medi-Cal Eligibility
- ◇ Criteria met for one of the IIHMHS programs

REFERRAL PROCESS

CSWs in Regional Offices located in Service Planning Areas (SPAs) One, Six and Seven:

1. Complete a Specialized Foster Care Referral Form and
2. Submit it to the DMH staff co-located within their office.

Co-located staff will confirm that the case meets criteria for Intensive In-home Mental Health Services and if so, will forward the referral to DMH for assignment to one of our specially trained and authorized DMH contracted mental health providers.

DMH co-located mental health programs can be contacted via the following phone numbers:

Service Planning Area One

Palmdale: (661) 223-5413

Lancaster: (661) 951-4144

Service Planning Area Six

Compton: (310) 668-6845

Wateridge: (323) 290-8610

Vermont Corridor: (323) 965-6176

Service Planning Area Seven:

Belvedere: (323) 725-4629

Santa Fe Springs: (562) 903-5309

For general information regarding Intensive In-Home Mental Health Services and *for those in Regional offices outside of SPAs 1, 6 & 7* call:

Geraldine Perkins 213-739-5469

Trina Woodruff 213-739-5525

Referrals should be faxed to 213-252-0239

DMH Child Welfare Division

Vision Statement

We enrich lives and our communities by providing world-class mental health care.

Los Angeles County
Board of Supervisors



Gloria Molina
First District

Mark Ridley-Thomas
Second District

Zev Yaroslavsky
Third District

Don Knabe
Fourth District

Michael D. Antonovich
Fifth District

Los Angeles County Department of Mental Health
Child Welfare Division—Specialized Foster Care Program

Community Development Team

600 South Commonwealth Avenue, 6th Floor

Los Angeles, CA 90005

<http://dmh.lacounty.gov>

Los Angeles County
Department
of Mental Health



Comprehensive
Children's
Services Program

Intensive In-Home Mental Health
Services Program

Transforming Mental Health Care for Children
and Youth in Child Welfare

*Because a Healthy World Begins with Healthy
Children and Families*



Director Marvin J. Southard, D.S.W.

<http://dmh.lacounty.gov>

Intensive In-Home Mental Health Services:

Evidence-Based Practices

for

Los Angeles County Children and Youth in Child Welfare

What is the Intensive In-Home Mental Health Services Program?

The **Intensive In-Home Mental Health Services (IIHMHS)** Program was developed by the Los Angeles County Department of Mental Health and the Department of Children and Family Services to provide evidence-based, comprehensive therapy to children and youth in the child welfare system.

The therapies offered through the Intensive In-Home Mental Health Services Program are among the most empirically-grounded, well-documented, culturally-sensitive and highly successful evidence-based interventions for children and youth and their families currently available.

What are Evidence-Based Practices?

Evidence-based practices (EBPs) are intervention strategies and treatment approaches that have been proven effective through a rigorous scientific process.

EBPs integrate the best available clinical research with clinical expertise and client values to provide mental health services that have been shown to be effective.

EBPs allow ongoing evaluation of the effectiveness of therapy to ensure positive treatment outcomes.

The evidence-based practices selected for the Comprehensive Children's Services Program are: The Incredible Years, Trauma-Focused Cognitive Behavioral Therapy, and Functional Family Therapy. These services are voluntary and they require active participation by parents or caretakers. More information about the effectiveness of some of these therapies can be found by visiting the **Blueprints Center for the Study and Prevention of Violence** website at: <http://www.colorado.edu/cspv/blueprints/>.

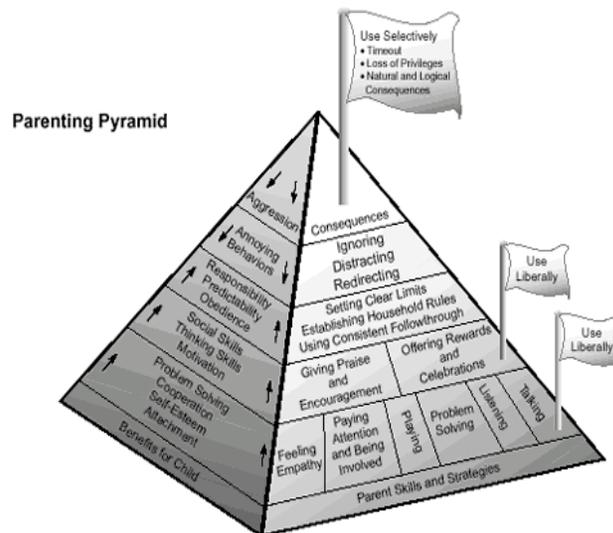
What is the Comprehensive Children's Services Program (CCSP)?

The CCSP provides 24/7 intensive case management for children ages 4-17, as well as access to one or more of the following EBPs:

- Incredible Years
- Trauma-Focused Cognitive-Behavioral Therapy
- Functional Family Therapy

The Incredible Years

- A preventive intervention nationally recognized as a Blueprint Program for Violence Prevention **for young children with behavioral, social and emotional problems.**
- Promotes social and emotional competence and adjustment of high risk children in preschool and elementary grades; and strengthens family relationships.
- Short-term treatment that consists of 12-14 weekly, 2-hour group sessions for parent groups; 20-22 weeks for children's groups.
- The **parenting series** is a group-based intervention for parents emphasizing parenting skills known to promote children's social and emotional competence and reduce behavior problems. **For parents of children ages 3-12.**
- The **children series** is a group-based intervention that emphasizes training children in skills such as emotional literacy, empathy, friendship skills, anger management, school rules, and interpersonal problem-solving. **For children ages 4-8.**
- **Website:** <http://www.incredibleyears.com/>



Trauma-Focused Cognitive-Behavioral Therapy

- The most rigorously tested treatment (10 randomized trials) **for abused children, ages 4-17, who have experienced a significant traumatic life event.**
- Designed to help children and youth and their parents overcome the negative effects of traumatic life events such as child sexual or physical abuse, or witnessing domestic or community violence.
- Short-term treatment that involves individual sessions with the child/youth and parent, as well as joint parent-child/youth sessions.
- Consists of 12 -16 weekly sessions of 60-90 minutes each.
- **Website:** <http://tfcbt.musc.edu/>

Functional Family Therapy

- An empirically grounded, well-documented and highly successful family intervention **for youth, ages 10-17, at risk for and/or presenting with delinquency, violence, substance abuse, conduct problems and family conflicts; who may also be experiencing depression.**
- Nationally recognized as a Blueprint Program for Violence Prevention and named as a model program for seriously delinquent youth by the US Surgeon General.
- Short-term treatment of 12-15 weekly sessions that include the parents or caregivers, the adolescent, and any siblings who are old enough to participate.
- **Website:** <http://www.fftinc.com/>

For questions regarding CCSP please contact Donald E. Grant, Jr., Psy.D.
Dgrant@dmh.lacounty.gov (213) 739-5471 or
Keri Pesanti, Psy.D.
Kpesanti@dmh.lacounty.gov (213) 739-5470